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Note: This page reflects the latest version of the APA Publication Manual (i.e., APA 7), which released in October 2019. The equivalent resource for the older APA 6 stylecan be found here. The following contains a list of the most commonly cited print book sources. E-books are described on our "Electronic Sources" page. For a complete list of how to
cite print sources, please refer to the 7th edition of the APA Publication Manual.Note: If available, APA 7 requires a DOI do not include it in the reference citation.Basic Format for BooksAuthor, A. A. (Year of publication). Title of work: Capital letter also for
subtitle. Publisher Name. DOI (if available) Stoneman, R. (2008). Alexander the Great: A life in legend. Yale University Press. Edited Book, No Author Editor, E. E. (Ed.). (Year of publication). Title of work: Capital letter also for subtitle. Publisher.DOI (if available) Leitch, M. G., & Rushton, C. J. (Eds.). (2019). A new companion to Malory. D. S.
 Brewer. Edited Book with an Author or Authors Author, A. A. (Year of publication). Title of work: Capital letter also for subtitle (E. Editor, Ed.). D. S. Brewer. (Original work published 1469-70) A Translation Author, A. A. (Year of publication). Title of work: Capital letter
also for subtitle (T. Translator, Trans.). Published YEAR) DOI (if available) Plato (1989). Symposium (A. Nehamas & P. Woodruff, Trans.). Hackett Published work, like the one above, in your text, it should appear with both dates: Plato
(385-378/1989) Edition Other Than the FirstAuthor, A. A. (Year of publication). Title of work: Capital letter also for subtitle (# edition). Publisher.DOI (if available) Belcher, W. (2019). Writing your journal article in twelve weeks: A guide to academic publishing success (2nded.). University of Chicago Press. Article or Chapter in an Edited BookAuthor, A.
A., & Author, B. B. (Year of publication). Title of chapter. In E. E. Editor & F. F. Editor (Eds.), Title of work: Capital letter also for subtitle (pp. pages of the chapter or essay in parentheses after the book title, use "pp." before the numbers: (pp. 1-21). This abbreviation, however, does
not appear before the page numbers in periodical references. List any edition number in the same set of parentheses as the page numbers, separated by a comma: (2nd ed., pp. 66-72). Armstrong, D. (2019). Malory and character. In M. G. Leitch & C. J. Rushton (Eds.), A new companion to Malory(pp. 144-163). D. S. Brewer. Multivolume WorkAuthor, A.
A. (Year of publication). Title of work: Capital letter also for subtitle (Vol. #). Publisher.DOI (if available)David, A., & Simpson, J. (Eds.). (2006). The Norton and Company. The reference list is the last page of your paper. References begin on a separate page from the last
page of your writing. Put the word References in boldfaced type at the top center of the page. Your reference list is alphabetized according to the first word of each end references that list the same author, list these in chronological order with the earliest date first in the list. The reference list is double spaced and formatted
using a hanging indent. To put in a hanging indent, type your references normally. When finished, highlight the reference list and click on the arrow in the corner of the paragraph tab in Word. Under Indentation, select Hanging from the drop-down menu for Special. To see a video of this process, click here for PC instructions, click here for Mac
 instructions, and click here for Google Doc instructions. Share copy and redistribute the material in any medium or format for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution You
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No additional restrictions You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation. No warranties are given. The
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stylecan be found here. The American Psychological Association (APA) updated its style manual in the fall of 2019. This resource presents a list of important differences between the sixth and seventh editions. It reflects the most recent printing of the manual as of January 2020. If subsequent printings are released to correct errors or misprints (as
was the case for the sixth edition), this page will be updated as needed. The seventh edition of the APA Publication Manual contains a number of updates and additions designed to make APA style more useful for students, teachers, and other educational stakeholders. While there are too many changes to list here, weve chosen to focus on the changes
that are most pertinent to students and teachers. These include changes to the ways academic papers are formatted, changes to the ways sources are cited, and more. For a much more detailed list of changes, consult the Introduction chapter of the APA Publication Manual (7th ed.), which is available from the APA in PDF form here. For your
convenience, locations in the print versions of the APA manual associated with each change are provided below where possible. Paper Formatting (Chapter 2) The Title Pages for students and professionals. Professional title pages include: the
title of the paper, the name of each author of the paper, the affiliation for each author, an author note (if desired), a running head (which also appears on the following pages, a page number (which also appears on the following pages).
given, students may use the APA-specified title page for students, which includes: the title of the paper, the affiliation for each author (typically the school or institution (e.g., ENGL 106), the course
instructors name and title (ask for the instructors preferred form if possible; e.g., some instructors may prefer Dr., Ms., Mrs., Mrs., Mrs., Mrs., Mrs., Mrs., Mrs., Mrs., and instructors may prefer Dr., Ms., Mrs., M
pages. Note also that student papers now lack a running head. Heading Levels of subordination. In general, each distinct section of an academic paper should start with a level one heading. The seventh edition changes only level three, four, and
five headings. All headings are now written in title case (important words capitalized) and boldface. Headings are distinguished only by the use of italics, indentation, and periods. Sixth Edition (3.03) APA Headings LevelFormat1Centered, Boldface, Uppercase and Lowercase Headings Text starts a new paragraph. 2Flush left, Boldface, Uppercase and
Lowercase Heading Text starts a new paragraph. Indented, boldface, lowercase paragraph text continues on the same line as the same paragraph text continues on the same line as the same paragraph. Indented, boldface, italicized, lowercase paragraph text continues on the same line as the same paragraph text continues on the same line as the same paragraph.
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paragraph. For example, in a scientific report following APA style, a report contains three sections: Method, Results, and Discussion. Each of these sections start with level 1) Students (Level 2) Teachers (Level 3) Students (Level 3) Results (Level 2) Teachers (Level 3) Students (Level 3) Teachers (Level 3) Students (Level 3) Teachers (Level 3) Teacher
 Teachers with Experience. (Level 4) Teachers in Training. (Level 4) Graduate Teaching Assistants. (Level 5) Test Two (Level 2) Other Paper Format Changes A handful of additional formatting changes are recommended in the seventh edition. These include the following: Running heads are no longer required for student
papers. Professional papers include a running head on every page, including the title page. However, the Running head is written in all capital letters. The running head should either be identical to the papers title, or a shortened form of the title that conveys the same idea. However,
 running heads should not exceed 50 characters (including spaces and punctuation). The section labels for abstracts and reference lists follow the conventions for level one headings (i.e., in addition to being centered and written in title case, they are also in boldface). Font guidelines are now somewhat looser in order to account for differences in
computer specifications and users accessibility needs. So long as the same font is used throughout the text of the paper, a variety of fonts are acceptable. Writing Style and Grammar (Chapter 4) The most important changes here relate to pronoun usage, though it may bear mentioning that the APA has endorsed the "singular they" on its website for
years prior to the release of the new manual: The seventh edition of the APA Manual endorses the use of they as a singular pronoun. The manual advises writers to use they for a person whose gender is unknown or irrelevant. For instance, rather than writing "I don't know who wrote this note, but he or she has good handwriting," you might write
something like "I don't know who wrote this note, but they as their personal pronoun. In both cases, derivatives of they, like them, their, themselves, and so on should also be used accordingly. Plural verbs should be used when "they" is referring to a single person or
entity (e.g., use "they are a kind friend" rather than "they is a kind friend"). The manual also advises against anthropomorphizing language. Thus, non-human relative pronouns like that, and which are recommended for animals and inanimate objects, rather than who. Bias-Free Language (Chapter 5) The seventh edition of the manual updates guidelines
for writing about age, disability, gender, racial and ethnic identity, and sexual orientation to bring them in line with current best practices. The guidelines are too extensive to reproduce here, but a few of the most important and general instructions are described below. Consult chapter 5 of the APA Publication Manual (7th ed.) for more details. Use
person-first language whenever possible. For instance, a man with epilepsy is generally preferable to an epileptic or an epileptic man. Similarly, avoid using adjectives as nouns to describe groups of people (e.g., the poor). Instead, use these adjectives as nouns to describe specific nouns or use describe specific man. Similarly, avoid using adjectives as nouns to describe groups of people (e.g., the poor). Instead, use these adjectives to describe specific nouns or use describe specific no
labels rather than general ones when possible. For example, cisgender men is more specific than men. Similarly, Korean Americans or Asians. When describing differences between groups of people, focus on the qualities that are relevant to the situation at hand. For example, in a study of sex chromosome-linked
 illnesses, study participants biological sexes are probably relevant, while participants sexual orientations are probably not. In general, respect the language used to refer to certain groups of people can and does change over time. Recognize also that group members may not
always express total agreement about this language. Mechanics of Style (Chapter 6) In terms of mechanics, the seventh edition. Two of the most important are the following: Use one space after a period at the end of a sentence unless an instructor or publisher
dictates otherwise. Use quotation marks around linguistic examples with italics. For example, one might write that a computer user should press the F key, rather than press the F key, rather than press the F key. Similarly, one might write about study participants who have to choose between the choices agree, and other, rather
than the choices agree, disagree, and other. This chapter also contains expanded guidelines that clarify a variety of mechanical issues, like whether certain proper nouns should be capitalized. The guidelines are too extensive to reproduce here, so consult chapter 6 for additional information. Tables and Figures (Chapter 7) Though the formatting for
tables and figures has not dramatically changed from the sixth edition, a few relevant changes are as follows: Tables and figures are now formatted in parallelin other words, they use consistent rules for titles, notes, and numbering. Tables and figures are now formatted in parallelin other words, they use consistent rules for titles, notes, and numbering. Tables and figures are now formatted in parallelin other words, they use consistent rules for titles, notes, and numbering.
pages.In-Text Citations (Chapter 8) Changes and updates to in-text citation procedure in the seventh edition include the following: Regardless of the medium of the first author followed by et al. The only exception to this occurs when doing so would create
ambiguity (e.g., if two papers have first-listed authors with the same name). In these cases, list as many names as needed to differentiate the papers, followed by et al. Example: Fannon, Chan, Ramirez, et al., 2019) and Fannon, Chan, Ramirez, et al., 2019) and Fannon, Chan, Ramirez, et al., 2019 and Earlier, et al., 2019 and Earlie
(Fannon, Chan, Montego, et al., 2019), respectively. Oral Traditions and traditional knowledge of Indigenous peoples are now treated as a distinct source category. If the information has been recorded (e.g., as an audio file or an interview transcript), follow the ordinary directions for citing the appropriate form of media. If the information was not
recorded, but was gleaned from a personal interaction, use a modified form of the personal communication, and the date of the communication, and the date of the communication, and the date of the communication took
place over time, provide a date range or a general date. You do not need to provide a reference list entry. Example: Following a series of conversations with Joseph Turnipseed (Tulalip Nation, lives in Portland, Oregon, personal communication, September 2017), we discovered connections between In both cases, capitalize not only the name of
 indigenous groups and nations (e.g., Crow, Seminole, Narragansett), but also most terms derived from indigenous culture (e.g., Oral Traditional knowledge to ensure that the knowledge is reproduced only with the permission of relevant indigenous
stakeholders. New guidelines describe how to present quotations from research participants. Quotations from research participants should be formatted like normal quotations (e.g., if they are longer than 40 words, use a block quotation). However, you do not need to provide an in-text citation or a reference list entry. Instead, simply indicate that the
quote is from a research participant in the text. If attributing the quote to a pseudonym, enclose the name in quotation marks the first time, do not use quotation marks. Reference List (Chapter 9) Reference Li
the final author's name. Digital object identifiers (DOIs) and URLs are now both presented as hyperlinks for electronic sources. The label DOI: is no longer used when a retrieval date is also provided in the citation. New guidelines describe how to use
DOIs and URLs when citing sources obtained from academic research database/archive portion of the citation entry with a period, then provide the DOI or URL. Note that, though database/archive information is typically not included in citation entry with a period, then provide the DOI or URL. Note that, though database/archive portion of the citation entry with a period, then provide the DOI or URL. Note that, though database archive portion of the citation entry with a period, then provide the DOI or URL. Note that, though database archive portion of the citation entry with a period, then provide the DOI or URL. Note that, though database archive portion of the citation entry with a period, then provide the DOI or URL. Note that, though database archives provide the DOI or URL. Note that, though database archives provide the DOI or URL. Note that, though database archives provide the DOI or URL. Note that, though database archives provide the DOI or URL. Note that, though database archives provide the DOI or URL. Note that archives provide th
to cite sources that are only available within a certain database., the free encyclopedia that anyone can edit.117,937 active editors 7,001,591 articles! Learn how you can take part in the encyclopedia's continued improvement. Members of the
victorious Blondie crewThe Boat Race 2018 took place on 24March. Held annually, The Boat Race is a side-by-side rowing race between crews from the universities of Oxford and Cambridge along a 4.2-mile (6.8km) tidal stretch of the River Thames in south-west London, England. For the third time in the history of the event, the men's, the women's
and both reserves' races were all held on the Tideway on the same day. The women's race saw Cambridge's Blondie (crew pictured) defeated Oxford's Osiris by nine lengths. The men's reserve
(Fullarticle...) Recently featured: Radar, Gun Laying, Mk.I and Mk.IIAndrea NavageroNosy KombaArchiveBy emailMore featured articles AboutKitty Marion... that the North Korean destroyer Choe Hyon is the largest ship constructed for the Korean People's Navy?..
that after the release of High and Low, director Akira Kurosawa received telephone calls imitating his film that threatened to kidnap his daughter?... that May Bradford Shockley is why Silicon Valley is where it is?... that Ioy Laking predicted in a school writing assignment
that within ten years she would be making a living as an artist?... that the Taiwanese restaurant chain Formosa Chang drew inspiration from McDonald's for its non-greasy atmosphere and corporate practices?... that Haridas Mitra had his death sentence commuted after the intervention of Mahatma Gandhi?... that "Steve's Lava Chicken" recently
became the shortest song to enter the UK Top 40? ArchiveStart a new articleNominate an articleNominate and articleNominate an articleNominate and articleNominate articleNomin
 500.In basketball, the EuroLeague concludes with Fenerbahe winning the Final Four Playoff.Ongoing: Gaza warM23 campaignRussian invasion of UkrainetimelineSudanese civil wartimelineRecent deaths: Harrison Ruffin TylerPhil RobertsonMary K. GaillardPeter DavidAlan YentobGerry ConnollyNominate an articleMay 31: Dragon Boat Festival in
China and Taiwan (2025); World No Tobacco DayBessarion 455 Petronius Maximus, the ruler of the Western Roman Empire, was stoned to death by a mob as he fled Rome ahead of the arrival of a Vandal force that sacked the city. 1223 Mongol invasion of Kievan Rus': Mongol forces defeated a Kievan Rus' army at the Battle of the Kalka River in
 present-day Ukraine.1468 Cardinal Bessarion (pictured) announced his donation of 746 Greek and Latin codices to the Republic of Venice, forming the Biblioteca Marciana.1935 A magnitude-7.7 earthquake struck Balochistan in British India, now part of Pakistan, killing between 30,000 and 60,000 people.2013 A tornado struck Central Oklahoma
 killing eight people and injuring more than 150 others. Albertino Mussato (d.1329)Joseph Grimaldi (d.1837)Dina Boluarte (b.1962)Mbaye Diagne (d.1994)More anniversaries: May 30May 31June 1ArchiveBy emailList of days of the yearAboutCucumis metuliferus, the African horned cucumber, is an annual vine in the cucumber and melon family
Cucurbitaceae. Its fruit has horn-like spines, hence the name "horned melon". The ripe fruit has orange skin and lime-green, jelly-like flesh. It is native to Southern Africa, where it is a traditional food. Along with the gemsbok cucumber and the citron melon, it is one of the few sources of water during the dry season in the Kalahari Desert. This
 photograph, which was focus-stacked from 25 separate images, shows two C.metuliferus fruits, one whole and the other in cross-section. Photograph credit: Ivar LeidusRecently featured: Ignace TonenAustralian white ibisHell Gate BridgeArchiveMore featured picturesCommunity portal The central hub for editors, with resources, links, tasks, and
 announcements. Village pump Forum for discussions about Wikipedia itself, including policies and technical issues. Site news Sources of news about Wikipedia and the broader Wikipedia movement. Teahouse Ask basic questions about wikipedia and the broader Wikipedia itself, including policies and technical issues. Site news Sources of news about Wikipedia and the broader Wikipedia itself, including policies and technical issues. Site news Sources of news about wikipedia and the broader Wikipedia itself, including policies and technical issues. Site news Sources of news about wikipedia itself, including policies and technical issues.
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 Many other Wikipedias are available; some of the largest are listed below. 1,000,000+ articles Bahasa IndonesiaBahasa MelayuBn-lm-gCataletinaDanskEestiEsperantoEuskaraMagyarNorsk bokmlRomnSimple
EnglishSloveninaSrpskiSrpskohrvatskiSuomiTrkeOzbekcha 50,000+ articles AsturianuAzrbaycancaBosanskiFryskGaeilgeGalegoHrvatskiKurdLatvieuLietuviNorsk nynorskShqipSlovenina Retrieved from "2This article is about the year 455. For other uses, see 455 (disambiguation). This article needs additional citations for verification. Please help
 improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed. Find sources: "455" news newspapers books scholar JSTOR (April 2019) (Learn how and when to remove this message) Calendar year Year SMillennium 1 stmillennium 2 thicentury 5 th century 6 th century 5 th century 6 th century 5 th century 6 th ce
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201 or 571King Genseric sacks Rome (455)Year 455 (CDLV) was a common year starting on Saturday of the Julian calendar. At the time, it was known as the Year of the Consulship of Valentinianus and Anthemius (or, less frequently, year 1208 Ab urbe condita). The denomination 455 for this year has been used since the early medieval period, when
the Anno Domini calendar era became the prevalent method in Europe for naming years. March 16 Emperor Valentinian III, age 35, is assassinated by two Hunnic retainers of the late Flavius Aetius, while training with the bow on the Campus Martius (Rome), ending the Theodosian dynasty. His primicerius sacri cubiculi, Heraclius, is also
 murdered.March 17 Petronius Maximus, former domesticus ("elite bodyguard") of Aetius, becomes (with support of the Roman Senate) emperor of the Western Roman Empire. He secures the throne by bribing officials of the imperial palace. Maximus consolidates his power by a forced marriage with Licinia Eudoxia, widow of Valentinian III.Maximu
appoints Avitus, most trusted general, to the rank of magister militum and sends him on an embassy to Toulouse, to gain the support of the Visigoths. He elevates his son Palladius to Caesar and has him marry Eudocia, eldest daughter of Valentinian III. May 31 Maximus is stoned to death by an angry mob while fleeing Rome. A widespread panic
 occurs when many citizens hear the news that the Vandals are plundering the Italian mainland. June 2 Sack of Rome: King Genseric leads the Vandals into Rome, after he has promised Pope Leo I not to burn and plunder the city. Genseric leads the Vandals into Rome, after he has promised Pope Leo I not to burn and plunder the city.
 loot is sent to the harbour of Ostia and loaded into ships, from whence the Vandals depart and return to Carthage July 9 Avitus is proclaimed Roman emperor at Toulouse, and later recognised by the Gallic chiefs in Viernum (modern
Austria) and leaves a Gothic force under Remistus, Visigoth general (magister militum), at Ravenna. The Ostrogoths conquer Pannonia and Dalmatia. Battle of Aylesford (Kent). Hengist and his son Oisc become king of Kent.
Horsa and Catigern, brother of Vortimer, are killed. The Britons withdraw to London (according to the Anglo-Saxon Chronicle). Skandagupta succeeds Kumaragupta I as ruler of the empire (India). During his reign he crushes the Hun invasion; however, the expense of the wars drains the empire (India). During his reign he crushes the Hun invasion; however, the expense of the wars drains the empire (India).
 becomes king of the Korean kingdom of Baekje.[1]Earliest recorded date at Chichen Itza on the Yucatn Peninsula (Mexico) (approximate date). The city of Vindobona
(Vienna) is struck by an epidemic that spreads through the Roman provinces. The disease is probably streptococcus or a form of scarlet fever with streptococcus or a form of scarlet fever with streptococcus or a form of scarlet fever with streptococcus pneumoniae (approximate date). Rusticus, archbishop of Lyon (approximate date). Rusticus arch
 Empire (b. 419)Heraclius, Roman courtier (primicerius sacri cubiculi )May 31 Petronius Maximus, emperor of the Western Roman EmpireBiyu of Baekje, king of Bae
 High King of Ireland (approximate date) Palladius, son of Petronius Maximus (approximate date) ab "List of Rulers of Korea". www.metmuseum.org. Retrieved April 20, 2019. Retrieved from " 30ne hundred years, from 301 to
 400Millennia1stmillenniumCenturies3rdcentury4thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5thcentury5t
 Hemisphere at the end of the 4th century CE. The 4th century was the time period from 301 CE (represented by the Roman numerals CCCI) to 400 CE (CD) in accordance with the Julian calendar. In the West, the early part of the century was shaped by Constantine the Great, who became the first Roman emperor to adopt Christianity. Gaining sole
 reign of the empire, he is also noted for re-establishing a single imperial capital, choosing the site of ancient Byzantium in 330 (over the current capitals, which had effectively been changed by Diocletian's reforms to Milan in the West, and Nicomedeia in the East) to build the city soon called Nova Roma (New Rome); it was later renamed
Constantinople in his honor. The last emperor to control both the eastern and western halves of the empire was Theodosius I. As the century progressed after his death, it became increasingly apparent that the empire had changed in many ways since the time of Augustus. The two-emperor system originally established by Diocletian in the previous
century fell into regular practice, and the east continued to grow in importance as a centre of trade and imperial power, while Rome itself diminished greatly in importance due to its location far from potential trouble spots, like Central Europe and the East. Late in the century Christianity became the official state religion, and the empire's old pagan
culture began to disappear.[citation needed] General prosperity was felt throughout this period, but recurring invasions by Germanic tribes plagued the empire from 376[1][2] CE onward. These early invasions marked the beginning of the end for the Western Roman Empire.In China, the Jin dynasty, which had united the nation prior in 280, began
rapidly facing trouble by the start of the century due to political infighting, which led to the insurrections of the northern barbarian tribes (starting the Sixteen Kingdoms period), which quickly overwhelmed the empire, forcing the Jin court to retreat and entrench itself in the south past the Yangtze river, starting what is known as the Eastern Jin
dynasty around 317. Towards the end of the century, Emperor of the Former Qin, Fu Jin, united the north under his banner, and planned to conquer the Jin dynasty in the south, so as to finally reunite the land, but was decisively defeated at the Battle of Fei River in 383, causing massive unrest and civil war in his empire, thereby leading to the fall of
Fourth Century" to the period spanning the fourth century proper but starting earlier with the accession of the Emperor Diocletian in 284 and ending later with the death of Honorius in 423 or of Theodosius II in 450.[3]See also: Christianity in the 4th centuryGregory the Illuminator mosaic, converted Armenia from Zoroastrianism to
Christianity Contemporary bronze head of Constantine I (r. 306337 AD)Early 4th century Former audience hall now known as the Basilica, Trier, Germany, is built. Early 4th century The Gupta Empire is established. 301: Armenia first to adopt Christianity as state religion. 304439: The Sixteen Kingdoms in China begins. 306337: Constantine the Great
ends persecution of Christians in the Roman Empire (see also Constantinian shift) and Constantinian shift shif
to the Philippines is built.325328: The Kingdom of Aksum adopts Christianity.325: Constantine the Great calls the First Council of Nicaea to pacify Christianity in the grip of the Arian controversy.335380: Samudragupta expands the Gupta Empire.337: Constantine the Great is baptized a Christian on his death bed.350: About this time the Kingdom of
Aksum conquers the Kingdom of Kush.350400: At some time during this period, the Huns began to attack the Sassanid Empire.[2]350: The Kutai Martadipura kingdom in eastern Borneo produced the earliest known stone inscriptions in Indonesia known as the Mulavarman inscription written in the Sanskrit language using Pallava scripture.[5]Mid-4th
century Dish, from Mildenhall, England, is made. It is now kept at the British Museum, London. Mid-4th century Wang Xizhi makes a portion of a letter from the Feng Ju album. Six Dynasties period. It is now kept at National Palace Museum, Taipei, Taiwan, Republic of China. 365: An earthquake with a magnitude of at least eight strikes the Eastern
 Mediterranean. The following tsunami causes widespread destruction in Crete, Greece, Libya, Egypt, Cyprus, and Sicily.376: Visigoths appear on the Danube and are allowed entry into the Roman Empire in their flight from the Huns.378: Battle of Adrianople: Roman army is defeated by the Visigoth cavalry. Emperor Valens is killed.378395:
 Theodosius I, Roman emperor, bans pagan worship, Christianity is made the official religion of the Empire.378: Siyaj K'ak' conquers Waka on (January 8), Tikal (January 16) and Uaxactun.Wall painting of the Council of Constantinople (381) in the Stavropoleos monastery, Romania381: First Council of Constantinople reaffirms the Christian doctrine of
the Trinity by adding to the creed of Nicaea.383: Battle of Fei River in China.395: The Battle of Canhe Slope occurs.395: Roman emperor Theodosius I dies, causing the Roman Empire to split permanently. Late 4th century: Cubiculum of Leonis, Catacomb of Commodilla, near Rome, is made. Late 4th century: Atrium added in the Old St. Peter's
Basilica, Rome. For a more comprehensive list, see Timeline of historic inventions 4th century. The Stirrup was invented in China, no later than 322.[6][1]Kama Sutra, dated between c.400 BC to c. 300 AD.[7][8]Iron pillar of Delhi, India is the world's first Iron Pillar. [citation needed]Trigonometric functions: The trigonometric functions sine and versine
originated in Indian astronomy.[9]Codex Sinaiticus and the Codex Vaticanus Graecus 1209, are the earliest Christian bibles.[10][11]Book of Steps, Syriac religious discourses.[citation needed] a b "The invention and influences of stirrup". Archived from the original on December 3, 2008. a b Roberts, J: "History of the World". Penguin, 1994. The
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Science, 38(2), 336-361. a WebsiteStructure: Authors first initial. (Year, Month Date published). Article title or page title. Site Name, URLExample: Limer, E. (2013, October 1), Heck yes! The first free wireless plan is finally here. Gizmodo, lets take a look at a real example of a properly formatted APA reference
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last names, it can actually get a little tricky. Fortunately, there are a few basic rules that can keep you on track. When the surnames of two or more authors begin with the same letters, the nothing precedes something rule is how to figure it out. Here is an example of how it works. Imagine your reference page includes the authors Berg, M.S. and
Bergman, H.D. The first four letters of each author are the same. The fifth letters are M and H respectively. Since H comes before M in the alphabet, you might assume that Bergman, H.D. should be listed first. APA Style requires that nothing precede something, which means that Berg will appear before Bergman. Similarly, a James would
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letters to differentiate between entries with the same author and same year of publication is the same. If no month or day is available
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15).Guzman, R.L. (2015).Ordering works with no listed author, or an anonymous author fyou have reference entries with no listed author, the first thing to double-check is whether or not there was a group author instead. Group author instead author, the first thing to double-check is whether or not there was a group author instead.
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a letter is added to the year and the entries are arranged alphabetically (after arrangement by year). Robin, M. T. (1989a) Robin, M. T
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Interprets the results and notes limitationsConclusion Summarizes the study and looks ahead4. References PageThe reference list comes at the end of your paper. It includes all the sources you cited, arranged in alphabetical order. Use a hanging indent (the second line of each entry is indented). How to Cite in APA FormatCiting sources correctly is a
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tooStudents who sleep less tend to perform worse (Lee, 2021, p. 34). For two authors: (Taylor & Singh, 2020) For three or more: (Chen et al., 2019) Reference Page Examples Heres a mock of how different sources are listed on your reference Page Examples Heres a mock of how different sources are listed on your reference Page Examples Heres a mock of how different sources are listed on your reference Page Examples Heres a mock of how different sources are listed on your reference Page Examples Heres a mock of how different sources are listed on your reference Page Examples Heres a mock of how different sources are listed on your reference Page Examples Heres a mock of how different sources are listed on your reference Page Examples Heres a mock of how different sources are listed on your reference Page Examples Heres a mock of how different sources are listed on your reference Page Examples Heres a mock of how different sources are listed on your reference Page Examples Heres a mock of how different sources are listed on your reference Page Examples Heres a mock of how different sources are listed on your reference Page Examples Heres a mock of how different sources are listed on your reference Page Examples Heres a mock of how different sources are listed on your reference Page Examples Heres a mock of how different sources are listed on your reference Page Examples Heres and here a mock of how difference Page Examples Heres a mock of how 
Fields, A. (2019). Understanding behavior in groups. Beacon Press. Lopez, R. (2022, March 10). Why ethical research matters. Retrieved from sure to double space and use hanging indents throughout your reference list. Writing a Research Paper in APA Format Step by StepLets break the entire process down into manageable steps. Step 1: Choose
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2025Introduction (Excerpt) Sleep plays a critical role in a students ability to learn, focus, and retain information. Research suggests that students who maintain consistent sleep patterns tend to perform better academically than those who dont. In Text Citation Example Poor sleep quality has been linked to lower test scores and reduced memory
retention (Morgan, 2023). References Morgan, S. P. (2023). Sleep and student success. Journal of Higher Learning, 20(2), 101110. ThoughtsWriting a research paper in APA format might seem tricky at first, but once youve done it a few times, it becomes much more familiar. The key is staying organized. Plan your structure, take clear notes, and
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